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Lake Forest College Stentor, September 29, 2011

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The Stentor

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Homecoming 2011: What road will you take? *Page 2*



Far quarters of the world come together at Global Fest, *Page 3*



Men's soccer runs ahead of the competition, *Page 8*

News

Homecoming 2011: All Roads Lead to Lake Forest

LEXIE ZAAS '14

NEWS EDITOR

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Homecoming is a weeklong celebration of Lake Forest College here on campus. Several student events kick off the week and it wraps up when thousands of alumni and community members come to campus on Saturday. The festivities for homecoming started on Mon. Sept. 26 when student organizations participating in window painting were assigned either a region of the U.S. or a particular decade of American history at random. The goal was to incorporate the "All Roads Lead to Lake Forest" homecoming theme, as well as school spirit, into the design of their window. Winners of the contest were announced at the pep rally on Thursday. On Tuesday, the College held the Homecoming Kick-

Off Dinner in the Margie and Gus Hart Dining Hall provided by Aramark, followed by another community dinner and Auto Show on the lawn of Glen Rowan House on Wednesday. The locals of Lake Forest were given the chance to show off their antique cars for this second annual event.

The main student networking event of the year has moved to the fall this year, coinciding with homecoming. "We moved the Speed Networking event to the fall because many large companies recruit then, and fields that don't hire that early expect students to be networking in the fall," said Director of the Career Advancement Center, Lisa Hinkley. "We want to give our students the best opportunities to discover and prepare appropriately no matter what their chosen path." This also allows students to meet more alumni looking to hire because they are on

campus for homecoming. Speed Networking starts at 3:30pm in the Mohr Student Center on Thursday.

After Speed Networking, students will end the day at the homecoming pep rally in the Sports and Recreational Center at 9pm.

"I am most excited for the pep rally, it's a great way to show your school spirit in a competitive way. I love dressing up in crazy costumes," said Liz Radtke '13.

On Friday, students can grab food at the Taste of Chicago Lunch, learn a quick lesson at the Forester Symposium, and celebrate the completion of the College's \$100 million campaign at Boomer's Bash, wrapping up the night at the fifth annual homecoming bonfire and concert. Students can also watch the annual fireworks show on the Middle Campus Quad at 8pm. Remember, all guests must

check in upon arrival to campus in the Mohr Student Center.

If the Taste of Chicago Lunch doesn't fill your appetite, sit in on Soup and Stories with Coach Jackie Slaats, held at noon on Friday. Slaats will reflect about her experiences with athletics as a female student-athlete, coach, athletic director, Title IX, and the ever-changing world of sports.

That evening, Boomer's Bash will be in the Mohr Student Center. This event is to celebrate the newly expanded Hart Dining Hall and the completion of the 150th Anniversary Campaign. In the fall of 2007, Lake Forest announced the campaign with a few straightforward goals including doubling the College's endowment, constructing new facilities, such as the new Recreation, Sports and Fitness Center, and increasing annual con-

tributions from alumni donors. The campaign's goals have been reached a year before scheduled.

"To finish this campaign—the largest in the College's history—a year ahead of schedule, is an incredible accomplishment and one that would not have been possible without the generosity of our alumni, parents and friends," said Richard Bartolozzi '86, Vice President of Development and Alumni Relations. "Our success in this fundraising effort has given the College a strong new foundation for continued growth, which is more important than ever given the economic challenges that continue to exist."

Saturday is the culminating day of the College's homecoming celebration. The day is full of activities for everyone, including the Parent Breakfast with President Schutt and Dean Flot, Homecom-

ing Parade, the Athletic Hall of Fame Induction Ceremony, Forester Fare Family Picnic Lunch, the Family Carnival, men's and women's soccer games, the Forester football game, as well as alumni reunion gatherings. The parade starts on North Campus at Sheridan and Deerpath and will head south on Sheridan Road toward Maplewood; west on Maplewood through South Campus; left on Washington, ending in front of Halas Hall.

"The Gates Center is excited for all of the festivities this week: student events, alumni events, athletics and parent and family programs. This tradition is a wonderful way to showcase our Forester spirit and come together as one Lake Forest College community," said Director of Gates Center for Leadership and Personal Growth, Bill Dlugokienski.



Photo courtesy of Jim Fraher.

Get your face painted during the Forester Family Carnival on Saturday.



Photo courtesy of Will Pittinos '06.

The TRC and SAACS won first prize for their Incredibles theme parade float last year.

News

Q&A

**With Kevin Coval
Professor, Poet, Author
Co-founder of Louder Than a Bomb**

Kevin Coval is the author of ALA "Book of the Year" finalist *Slingshots: A Hip-Hop Poetica and Everyday People*. He is the co-founder and Artistic Director of Louder Than a Bomb (LTAB): The Chicago Teen Poetry Festival, subject of an award-winning documentary of the same name, airing on the OWN network in Fall 2011. LTAB, a production of Young Chicago Authors, aims to bring teens together across racial and socio-economic lines. LTAB is a friendly competition that emphasizes self-expression and community via poetry, oral story-telling, and hip-hop spoken word. A regular contributor to Chicago Public Radio, and a four-time HBO Def Poet, Coval teaches at the School of the Art Institute and in high schools around Chicago.

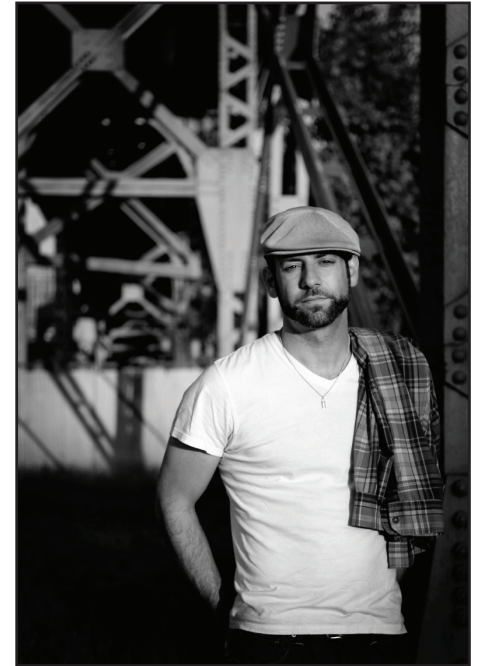


Photo Courtesy of Rebekah Raleigh.

LEXIE ZAAS '14
NEWS EDITOR
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STENTOR: Tell us about Louder Than a Bomb.

COVAL: Louder Than a Bomb is an all city youth poetry festival that uses hip-hop poetry in order to organize, galvanize and connect communities. It really lets people express who they are, where they come from and what they care about.

STENTOR: When did you know this was something you were going to pursue?

COVAL: I have been a writer since I was 19, an educator since 1997 and finally in 2001, I started Louder Than a Bomb with Anna West. Young Chicago Authors, a non-profit organization, houses the program. I really saw a need for a program like this when the towers had fallen on September 11, 2001 and people around the planet were being criminalized. Chicago was even trying to pass an anti-gang loitering law that would lock up kids of color for hanging out in groups. Everyone was scared after September 11 and public officials were promoting fear. The artists and educators in Chicago

began trying to create a culture of hope for them as well as their students.

STENTOR: What made you interested in hip-hop?

COVAL: I felt like it was a reflection of my own experience in culture. What I love about hip-hop is that it is fresh and funky. It really is working class narrative, primarily for people of color. When I was 7-years-old I became interested in hip-hop. As I got older it registered with me that hip-hop is a working class portraiture that delighted and fascinated my imagination. When I first heard hip-hop music, I wanted to learn to break dance. Something that really inspired me was a documentary that was called *Style Wars* by Henry Chalfant. The documentary was about the early 80s graffiti culture and the emerging hip-hop culture.

STENTOR: Can you explain why you began integrating hip-hop into poetry?

COVAL: I became turned on to poetry because of the hip-hop music and rappers I was listening to, I truly believe rap is poetry. I wanted to learn more about poetry so I went to the library to find other poets. At the library I discovered many

poets, some more traditional than rappers, but I was still interested. I was really able to make the connection between hip-hop and poetry

kids to the world around them.

STENTOR: I read that you are very religious. What inspired you to combine

is responsible for bringing me back to Judaism. Hip-hop made me really figure out what it means to be Jewish. What is beautiful about Judaism is that it is a culture and religion based on questions and continued wrestling with meaning as well as how to make the world a better place.

STENTOR: With targeting the poetry slam to teenagers, what did you hope to accomplish?

COVAL: Stores of youth are often ignored in our culture and I want to bring them to the center of our culture and the center of our classroom. Youth are constantly inventing and reinventing culture and style.

STENTOR: Why did you decide to target this documentary to colleges and universities?

COVAL: The documentary has been playing in film festivals, high schools and colleges and universities for the past one and a half years. I target it to colleges because I believe that these students are more attuned and more hip to a radically integrated culture and world, that their parents have been reluctant about or a little scared

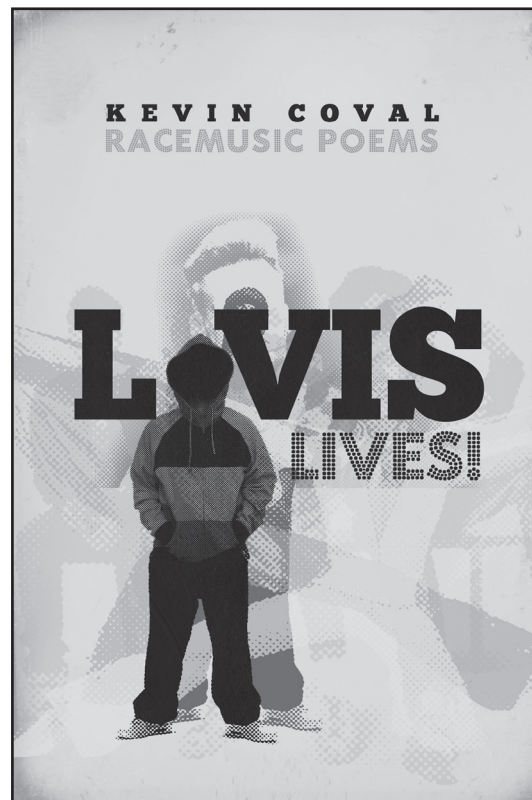
of.

STENTOR: What made you want to turn this workshop into a documentary?

COVAL: Greg Jacobs and Jon Fiskel approached me five years ago about making the film. I was honored to work with them because I had seen some of their work and knew they were incredible filmmakers and storytellers.

STENTOR: Tell us about your book, *Everyday People*.

COVAL: *Everyday People* is my second book of poems and is a series of portraits of Chicago and America. Rooted in a Chicago tradition of the working class was which was one of the initial things that what excited me about hip-hop.



L-Vis Lives! is Coval's latest book of poems that he will be reading from on Thurs. Sept 29.

and that is something I use, as an educator. I believe there is a very small bridge between Little Wayne and Gwendolyn Brooks. It is interesting to see the kid's reactions to the comparison. As educators we have to connect what we are teaching the

hip-hop and religion into your poetry?

COVAL: I learned from hip-hop that you are really meant to be honest in your work. Everyone should strive to represent who you are and where you come from. Hip-hop

Features

Around the world in four hours

RASHMA JAMES '15
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Anyone who passed by the Mohr Student Center last Saturday could not help but be intrigued by the music and laughter emanating from this year's Global Fest.

Walking inside the building, students were greeted by several colorful tables and different groups from the community, like representatives from the North Shore Chinese Christian Church and vendors such as Ten Thousand Villages and Soupbox.

The main event, however, was downstairs. Booths surrounded the perimeter of the room, each representing different groups on campus, all coming to show their culture and support for this year's event. The different groups talked about themselves and what they represented, often accom-

panying the information with activities and foods.

Each group offered something different; Umoja, one of the many participating student organizations, painted faces and hands with different flags of Africa, while the Muslim Student Association (MSA) gave out mehndi (henna). United Asia offered a "chopstick challenge" and origami while Amnesty International challenged each passerby with Around the World Jeopardy. Although International Student Organization, ISO, won the best booth award, all the tables were well thought-out and often very engaging. About 13 student organizations were represented overall.

The only things more engaging than the booths were the performances on the stage, which was set up in the center of the room. From the time Global Fest started until the time it ended, a variety of performers took the stage, including instrumentalists,

dancers, and singers. The one exception was Umoja's dance group, who created their own stage using the entire floor. The other performances varied from belly dancing to folk singing in different languages.

"The performances were really lively this year," said Julia Mikula '13.

Once again, the audience was a large part of the celebration. In between the performances, people were asked trivia questions, invited to share their special talents, and often awarded with gift cards. In moments of improv, dancing and impersonations, participants proved that not only the performers had talents to showcase.

This was the seventh annual Global Fest and the second that was held indoors due to inclement weather. The festival was the hard-working result of many different people on campus, including the performers and organiza-

tions, led by the Office of Intercultural Relations.

"Global Fest is a great program because it continues to demonstrate our commitment and appreciation for our international culture present on the campus," said Sharonda Pugh, Assistant Director of the Office of Intercultural Relations.

Events like Global Fest are particularly important to a community like Lake Forest College, that has a diverse student body. Bill Motzer, Vice President for Admissions, says that the College has "students from 78 countries and 47 states, as well as D.C. and the Virgin Islands. International students comprise 15 percent of this year's first-year class, while 39 percent of the class identified as domestic students of color or international."

This year's Global Fest received a lot of positive feedback from the students who attended it.

"With over 350 students, staff and faculty

present, Global Fest was a fantastic community event!" said Farida Adam, the new Program Director of Intercultural Relations. "While the rain forced us inside, it did not dampen our celebration. The celebratory energy of the many different cultures on campus was felt through the ambience, diverse performances, and various activities."

"I like how this school celebrates diversity and how there's more cultural relevance here than my old school," says transfer student Alyssa Basten '13. "I think international students are well represented."

"I loved it. I wish I had gone last year too!" added Robert Henderson '14.

This year's theme was "One World, One People," and nothing could have conveyed that message better in last Saturday than a walk into our annual Global Fest.



Photo courtesy of Chelsey Little '15
Latinos Unidos performs an ethnic dance.

Editor's Note: Last week, the word "country" was misspelled on the cover. We apologize if this inadvertently offended anyone, as it was most certainly not our intention to do so.

Upcoming Events

Thurs. Sept. 29 at 4:00pm
Kevin Coval Poetry Slam Reading
Meyer Auditorium

Fri. Sept. 30 at 12:00pm
Forester Symposium in Donnelly and Lee Library

Fri. Sept. 30 at 12:00pm
Soup and Stories in Pierson Rooms

Fri. Sept. 30 at 5:00pm
Boomer's Bash in Mohr Student Center

Fri. Sept. 30 at 8:00pm
Homecoming Fireworks on Middle Campus Quad

Sat. Oct. 1 at 11:30am
Homecoming Parade starts on North Campus at Sheridan and Deerpath Roads

Sat. Oct. 1 at 1:00pm
Women's Soccer vs Monmouth at Wasylick Field

Sat. Oct. 1 at 1:30pm
Forester Football vs Carroll at Farwell Field

Sat. Oct. 1 at 3:30pm
Men's Soccer vs Monmouth on Wasylick Field

Sun. Oct. 2 at 3:00pm
Lyrica Concert in Lily Reid Holt Memorial Chapel

Mon. Oct 3 at 12:00pm
Presidents Council meeting in Pierson Rooms

Mon. Oct 3 at 4:00pm
Creative Memoir Writing in Carnegie 204

Mon. Oct. 4 at 4:00pm
Writing the Blues workshop in Carnegie 204

Mon. Oct 4 at 7:00pm
Eva Salzman reading in Carnegie 204

Mon. Oct. 4 at 7:00pm
Indian Classical Music Concert in Lily Reid Holt Memorial Chapel

Wed. Oct. 5 at 12:00pm
SOAP meeting in Pierson rooms

Wed. Oct. 5 at 7:30pm
Big Bill Broonzy book talk and performance in Center for Chicago Programs

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Opinions

Chris' Corner of Cheer

An excited run down of the most spirited weekend on our campus



CHRIS WAY '14
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Ladies and gentlemen, the time has arrived again to celebrate the biggest week on campus... HOMECOMING!!! This week is without a doubt one of the most spirited at Lake Forest. I hope you all have been working ahead on your readings and papers because this weekend is guaranteed to be one to remember.

For all you new students out there, be prepared to experience one of the most glorious weekends of your life! The alumni pour in, the campus lights up, the games are non-stop, and everyone is beyond excited just to be with each other!

I didn't know what to expect my first year at Lake Forest when homecoming came around. Unfortunately, I'm sad to admit that I didn't take advantage of all the fun that came with it. I probably thought that I was too cool to attend the pep rally or volleyball games (because, you know, I had so many better things to be doing like watching Gossip Girl or uploading pointless pictures onto my Tumblr).

But, this year I fully intend on going out and taking part in as much as possible, and I strongly encourage you to do the same!

Friday night is going to be a big night on campus. There will be a fireworks display on middle campus, and immediately following there will be an awesome procession leading students to south campus to enjoy a live performance by Grammy-winning musician, Sam Lay! There will also be a bonfire on south campus.

The fireworks begin at 8:30 p.m., so make sure you come out and enjoy the show! I mean, you're not going to be able to do much

campus parking lot. Everyone comes, everyone has fun, and it's just one heck of a good time! Now for us minors, make sure you stay out of trouble! I'm not going to be explicit because I know I don't have to be. But just take my warning now and be careful. Hint, hint, wink, wink. Homecoming is not a time you want to be getting in trouble so calm yourself down and just enjoy the spirited atmosphere!

Now, at 1:30 p.m. the football game begins and I want to see every Forester out there! Even I, who dislikes sports more than you who dislike the line outside of Sunday brunch, will be at the game. In addition, if the weather is co-operating, I will be sporting my red booty shorts just to show my Forester pride!

To top it all off, Saturday night from 10 p.m. to 1 a.m.,

make sure to check out the 80s cover band, Good 2 Go, in the MSC!

I hope I have convinced you to believe me when I say, "Homecoming is a week to get out and live!" I mean, come on, we all know you'd rather go cheer on the men's soccer team instead of writing your bio lab report. That's what Sundays are for, right? So get out, get involved, and get spirited for the LAKE FOREST HOMECOMING! Have a wonderful week, and I hope to see you all out and about having fun!

XOXO

else because the whole campus is going to be echoing with the blasts of the fireworks, (so don't even try to avoid it) and just come out with your besties for a blast!

Saturday may be the longest and most fun day of the entire year. The morning kicks off with the Homecoming Parade at 11:30am, but construction of the floats begins at 9:30am. Bust out your Forester gear and go all out for the Parade! This is our chance to show the town of Lake Forest just how Forestry we are here at the College!

After the parade, tailgating will begin in the south

Embracing a multicultural background



RANDY PIAMONTE '15
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I was born in a bamboo hut. When I tell people this, I often get either, "Wow!" or "What the f**k!" The story is that my mom's water broke while she was going to a party. My dad was sta-

tioned in Japan, so he couldn't be there. But my mom would always start off

with this opening line when she wanted to remind me of this very special moment:

Mom: "You know, Son, when I saw you for the first time, I thought you were a sexy baby!"

Me: Awkward Smile

What my mom meant to say was that I was exotic looking. See, my dad is African-American and my mom is a Spanish-Chinese Filipina. This isn't weird because the Philippines is a country of mixed people from many different backgrounds. Most Filipinos always try to pick out the most interesting looking people in the midst of a crowd.

"Sexy" is the common adjective that most Filipino will often use to describe anything that looks interesting or striking. For example: "That chair is sexy" "Her hair is sexy", or "The food looks sexy." I, myself, am also guilty of using sexy in a weird way; I called my new iron sexy. That aside, my

mom would always remind me of how unique I was-- then and now.

Growing up I definitely struggled with my identity. When I was younger I felt cheated because my mother never taught me anything about the Filipino culture. She would never tell the stories or even teach me the language. Her initial plan was to Americanize me.

But that plan wouldn't have worked anyway because I was curious. When I was thirteen I decided to take it upon myself to learn more about my Filipino-self.

“People from multicultural backgrounds will always have it better.”

I remember my dad asking me one day, "Why do you want to learn about this stuff

now?" My answer was, "I want to know more about myself cause you never even bothered to show me." This wanting to know myself better served as my motivation.

After my period of self-discovery, I discovered that people from multicultural backgrounds will always have it better. We grow up in many different places and experience many different cultures. Thus, we are fortunate enough to have a unique perspective of the world because of those experiences, at least compared to the average person.

What I've learned now that I'm older is that people should embrace their multicultural differences and reconcile with the fact that you can never truly be one cultural identity or the other. I can never be purely African-American or Filipino. I'm a mix of both and that equals me.

Congress squabbles

SHAWNA HITE '13
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My older brother and I fought about everything when we were little. We didn't even need a reason to fight. If my brother and I were playing together on a board game or ball game, we would be sure to end with shouting and screaming. When he was supposed to babysit me, things were even worse. My mom would usually come home to something broken.

I don't honestly know how she dealt with us when we were kids. I wouldn't have wanted to be in her shoes, especially during the culminating spat, which ended with my brother and I paying one hundred dollars each for a new door. I had locked him in the basement because he was purposefully breaking a toy I had grabbed from a cereal box. Needless to say, he eventually got out of the basement.

In retrospect, these stories are funny. The stories are funny because my brother and I get along like we're pals now and never really had a reason to fight. While it's funny, I always feel guilty for the stress we put on my mom. We acted like classical children, but then we were kids... so it's moderately understandable.

What I can't understand right now is why the Democrats and Republicans in Congress continue to act like they are children fighting over a game. I don't mean to trivialize the job that Congress does, but I can't help but see a parallel between the way members of Congress conduct their current argument over the serious issue of federal spending and the way my brother and I acted when we were children.

On Friday of this week

Opinions

Congress cont.

(tomorrow by the time this will be published) our government budget will run dry. Congress will once again have to push a last-minute budget through if they want to avoid a government shut-down—for the second time this year. But while Congress's refusal to agree on any budget this time around claims to be different than it was in the spring, it is exactly the same. We're told they are fighting over how to provide funding for emergency relief. The republicans insist on providing it through cuts; the democrats refuse.

But it is only \$1.6 billion of a \$14 trillion debt and they still can't agree on how to provide for any of that relatively small (though in reality large) collection of money. In the spring they were unwilling to agree on funding because of things like healthcare. This time, it's because they can't agree where disaster relief money should come from—money some cities desperately need. It's not about relief; it's about the two sides of congress fighting to fight... while stressing the rest of the nation as we watch the boxing match.

Congress is acting like my brother and I acted when I locked him in our basement. I was at first unwilling to unlock it because I wanted my way. I was then unwilling to unlock the door because I feared what he would do when he got out. Congress is threatening to put the entire U.S. government on lock-down because they each want to get their way. This kind of fight ends with one side caving in or a literal collapse of a door. I just hope one side of Congress will cave before we all have to pay for what they break in the fight.

The right to live or die-- are we members of the Axis of Evil?

MATT CUNLIFFE '13
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During the recent Republican Presidential Debate, members of the audience stood and cheered as Rick Perry defended approving the executions of more than 200 citizens of the 'Republic' of Texas in his tenure as governor. Currently, the United States is one of only three modern industrialized nations that permits the usage of capital

violation of human rights.

When the rest of the developed world watches the Republican Presidential Debates and sees Americans cheering the government sponsored killings of its own citizens, they don't see us as a bastion of peace in a world saturated with war like we like to think we are. No, instead, this Roman style fest of schadenfreude within the American right-of-center puts us in the same block as some of the world's worst violators of human rights.

I'm now going to back away from how this enthusiastic support for state-run executions deteriorates our standing on the global stage. I want to focus a bit on how the Republican Party and its Tea Party faction really need to start practicing what they preach.

Since the time of the

“*The United States is one of only three modern industrialized nations that permits the use of capital punishment.*”

punishment. What is even more startling is that when looking at a list of the five nations with the most deaths by government sponsored execution in 2010, the United States ranks fifth after China, Iran, North Korea, and Yemen.

As I recall from the Bush years, Iran and North Korea are in the so called 'Axis of Evil.' Those evil countries that violate democracy and human rights so badly that we compare them to our belligerents during the Second World War. Let's not leave out China; the country whose Olympic celebrations we contemplated boycotting due to their

Republican and Democratic Primaries prior to the last presidential election, I've had to tolerate hearing Republican candidates continue on about how the government has no right to infringe on the rights of American citizens by providing them with health insurance. I never really understood why Republicans say the government has no right to do this, but if you want to make that your party's platform, go for it.

What irks me is that the same party has the nerve to say the Federal Government should have the right to take life away from its people. How can one hon-

estly say the government doesn't have the right to help lengthen life, but that it does have power to help take life away? Is that a government that supports humanitarianism? Is that how a super power should act? Oh wait, healthcare is for Communists!

Well as I recall from lengthy study of Soviet and Chinese history, government sponsored execution was just as much a part of communism as universal healthcare. Execution was pretty big in the Soviet Union and it is still big in China today. What adds a touch of hilarity to this is the fact that all but one former member of the Soviet Union (Belarus) has banned capital punishment. Even Mother Russia has recognized that it's not the government's place to take life away from her own people.

If you're going to say the Government has no right in providing the populous with healthcare, then stay true to your values and don't support the government's right to execute the citizenry. You're obviously not supporting small government.

Keep in mind I'm not arguing the legality of capital punishment in the U.S. Nothing in the Federal Constitution prohibits it. What I argue against is our continued support of capital punishment, the hypocrisy of Republican (and even Democratic) support for something the majority of the world has deemed inhumane.

Hangings are still legal in Oregon and Delaware while deaths by firing squads are still legal in Utah. ...If that doesn't qualify us as a member of the Axis of Evil, I don't know what does.

President's Corner

Tips for keeping healthy in the midst of this crazy fall

ELISE BECKMAN '13
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Someone in my class coughed. And then the guy who sat next to me at dinner coughed. And then I felt a tickle in my throat and I developed shooting pains in my stomach. This is how it happened...

Have you ever contemplated the fear that surrounds being sick this time of year? Or have you ever really wanted to tell the person who is coughing so close to your food to either

the season. (Disclaimer: I am not a doctor, and I don't know if any of these will actually work for you.)

Sleep. Okay, really. I am such a hypocrite when it comes to this piece of advice, but try to follow it even if I can't.

Drink water. Lots of it.

Offer a tissue to your friend, classmate, favorite professor, or even Boomer. Ask them to kindly cover their mouths when coughing.

Exercise. (Oh, and PLEASE wipe down the machines when you're

“*have you ever really wanted to tell the person who is coughing so close to your food to either 1) stop, or 2) move away from your precious bowl of curly fries?*”

1) stop, or 2) move away from your precious bowl of curly fries?

If you're anything like me, being sick doesn't scare you and you are convinced that you will be able to work through everything. But as I write this, I am drinking a Sprite and nursing my poor upset tummy back to health. You see, I am afraid that I have caught the virus—you know, the one that always creeps up during your busiest week-- normally on your busiest day of your busiest week.

Since it is a busy time of year (Homecoming is this weekend, after all), everyone of us is in the midst of trying to start thinking about midterms (they start next week, after all). I want to offer you some simple advice on how to stay healthy and enjoy this crazy time of

done sweating on them. The wet towels aren't there for show...)

Eat some veggies. You can always visit Greg in the Caf for an awesome salad.

Now that I have indoctrinated you with my tips for healthy living, I leave you with one message: GO TO HOMECOMING! In case you've been living in a hole or you haven't seen the windows/signage/emails, Homecoming 2011 is this weekend. Make sure to go out and support Forester Athletics!

Oh, and don't forget about the Pep Rally on Thursday, the Bonfire on Friday, and the 80s Party in the MSC on Saturday. I'll see you there!

Sports

Soccer team sweeps

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On Monday, Jordan Hartman '14 and Giovanni Colasanti '13 were both named Midwest Conference Offensive and Defensive Performers of the week, respectively. With eight points on two goals and four assists this season, Hartman currently ranks fourth on the Forester team. Colasanti is 6-0-1. Both players have aided in the team's phenomenal season, which has been drawing attention from a variety of sources.

"At 8-0-1 entering Wednesday's contest, the Foresters are off to their best start since the 1975 season," said Mike Wajerski, Sports Information Director.

"The September 27 National Soccer Coaches Association of America poll ranked the team seventh in the North Region."

Students are noticing as well. "Of all the sport

teams I have photographed here at Lake Forest College, I have not seen a team with better chemistry than men's soccer," said Scott Sanford '14. "Their ability to work together and move the ball is phenomenal."

Sanford's observations mesh with the team's plan. "Our focus is on team chemistry, that is, making those around you better," says Coach Chris Bergmann of some season-long goals. He goes on, listing, "Team character, and having integrity in our play." Finally, says Bergmann, "Courage, taking risks and pushing ourselves to be our best."

The men's soccer team remained undefeated as they headed into a game versus Millikin University on Wednesday. The Foresters will play again at their homecoming game against Monmouth College on Saturday.

UPCOMING GAMES

9/30/11	10/1/11
Women's Tennis	Football
Lake Forest	vs. Carroll (Wis.)
ITA Regional	Lake Forest
Championships	1:30 PM
TBA	Homecoming
at Kalamazoo	
10/1/11	Men's Soccer
Women's Tennis	vs. Monmouth (Ill.)
Lake Forest	Lake Forest
ITA Regional	3:30 PM
Championships	Homecoming
TBA	
at Kalamazoo	10/2/11
Women's Soccer	Women's Tennis
vs. Monmouth (Ill.)	vs. Monmouth (Ill.)
Lake Forest	Lake Forest
1:00 PM	1:00 PM
Homecoming	10/5/11
	Women's Tennis
	vs. St. Norbert
	Lake Forest
	3:00 PM

SCOREBOARD

9/24/11	9/24/11
Men's Soccer	Cross Country
Illinois Col. 0	W: 7th, M: No Scores
Lake Forest 4	Forester Invitational
Final	10:00 am
Parents Day	Adler Park - Liber-
	tyville, Ill.
Women's Volleyball	
Lake Forest 1	9/23/11
Monmouth (Ill.) 3	Women's Volleyball
Final	Lake Forest 3
	Illinois Col. 0
Women's Soccer	Final
Illinois Col. 0	
Lake Forest 2	
Final	
Parents Day	
Football	
Lake Forest 34	
Grinnell 49	
Final	



Midfielder Steven Johnson '14 kicks the ball down the field.



Forward Mahir Mameledzija '14 winds up for a kick.

Photos courtesy of Scott Sanford '14.